

How to Deal With How You Feel When You Feel Regret

I. Introduction

- A. Psalm 38:4, 6, 8 (NLT) *⁴My guilt overwhelms me—it is a burden too heavy to bear. ⁶I am bent over and racked with pain. My days are filled with grief. ⁸I am exhausted and completely crushed. My groans come from an anguished heart.*
- B. General categories of regret:
1. Education
 2. Career
 3. Risks
 4. Words
 5. Parenting
 6. Faith
 7. Money
 8. Relationships
- C. Regrets are:
1. Inevitable
 2. Forgivable
 - a. I John 1:9 (NAS) *If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.*
 3. Redeemable
- D. Romans 8:28 (NAS) *And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.*

II. How to Overcome Regret

- A. Seek forgiveness from your past
1. Romans 8:1-2 (NAS) *¹Therefore there is now no condemnation for those who are in Christ Jesus. ²For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death.*
 2. Psalm 32:5 (NLT) *Finally, I confessed all my sins to you and stopped trying to hide them. I said to myself, "I will confess my rebellion to the LORD." And you forgave me! All my guilt is gone.*
- B. Think about what you want your future to be like
1. Psalm 39:4 (NLT) *"LORD, remind me how brief my time on earth will be. Remind me that my days are numbered, and that my life is fleeing away."*
 2. What are your "big rocks?"
- C. Evaluate your current direction
1. Proverbs 22:13 (NLT) *The lazy person is full of excuses, saying, "If I go outside, I might meet a lion in the street and be killed!"*
 2. We will grab any excuse we can to keep us from doing what's really important.

3. Change the "I should" into "I will!"

D. Pursue God's way

1. Matthew 7:13-14 (NAS) ¹³Enter through the narrow gate; for the gate is wide and the way is broad that leads to destruction, and there are many who enter through it. ¹⁴For the gate is small and the way is narrow that leads to life, and there are few who find it."
2. Matthew 6:33 (NAS) "But seek first His kingdom and His righteousness, and all these things will be added to you."
3. Romans 3:23 (NAS) For all have sinned and fall short of the glory of God.
4. Romans 6:23a (NAS) For the wages of sin is death.
5. I Peter 2:24 (NAS) And He Himself bore our sins in His body on the cross, so that we might die to sin and live to righteousness; for by His wounds you were healed.
6. Romans 3:22 (NLT) We are made right in God's sight when we trust in Jesus Christ to take away our sins. And we all can be saved in this same way, no matter who we are or what we have done.

III. Conclusion